

Sedative Pill/Laughing Gas Instructions Before Your Surgery

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If you are taking a sedative pill and laughing gas:

- for surgeries scheduled in the AM: do not eat or drink anything after midnight the night before. No caffeine.
- for surgeries scheduled in the PM: eat a light breakfast no later than 6 am and nothing else until after surgery. No caffeine.
- You will need someone, friend or relative, to drive you to our office and home after the surgery. -Someone must remain with you for at least 3 hours after surgery. We will review after surgery instructions with your ride before you leave.

If you are having laughing gas only:

- do not eat or drink anything 2 hours before your appointment. No caffeine prior to appointment.
- with gas only, you CAN drive yourself.

General Instructions:

- Dress as comfortably as possible: loose fitting clothes and a short-sleeve shirt.
- Do not wear: contact lens, tight clothing, tight shoes, heavy jewelry, makeup or perfume.
- If you wear removable teeth, a bite guard, or retainer BRING them to the appointment. Otherwise, you may not be able to wear them until your checkup appointment. The doctor needs to check the fit against the surgery site.
- Have cold, soft foods in your home for the day of surgery.

Cancel or Reschedule:

Because surgery time is so valuable, 1 week notice is required to change or cancel surgery appointments. Otherwise, there will be a \$250 surgery set-up fee charged for the reserved appointment time.

You Can Bring:

- headphones, earbuds
- phone to listen to podcasts or music RINGER MUST BE OFF-NO VIDEOS OR SELFIES FROM THE TIME YOU ENTER THE OFFICE to honor the privacy of other patients and to comply with HIPAA in our facility
- your own protein shake for after surgery IF you cannot have Atkins shake provided

BRING ALL PRESCRIPTION MEDICATIONS ORDERED & FOLDER WITH DOCUMENTS
BY OUR OFFICE TO APPOINTMENT